

Exhibit C



If you are on a carb-conscious diet, you can HAVE IT YOUR WAY® and order your favorite WHOPPER® sandwich or The Angus Steak Burger without the bun. You'll really be able to experience the great fire-grilled taste of our burgers.

#### Low Carb Options (each under 10g\* of carbs):

- Low Carb WHOPPER® Sandwich\* (3g)
- Low Carb WHOPPER® Sandwich w/ cheese\* (5g)
- Low Carb DOUBLE WHOPPER® Sandwich\* (3g)
- Low Carb DOUBLE WHOPPER® Sandwich w/ cheese\* (5g)
- Low Carb WHOPPER JR.® Sandwich\* (1g)
- Low Carb WHOPPER JR.® Sandwich w/ cheese\* (2g)
- Low Carb Angus Steak Burger\* (5g)
- Low Carb BK™ Double Stacker Sandwich\* (5g)
- Low Carb BK™ Triple Stacker Sandwich\* (6g)
- Low Carb BK™ Quad Stacker Sandwich\* (6g)



#### Carb-Conscious Chicken, Fish, & Veggie Choices:

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/o Garlic Parmesan Croutons (13g)
- CHICKEN TENDERS® - 5 piece w/ Ranch dipping sauce (14g)
- CHICKEN TENDERS® - 8 piece w/o dipping sauce (21g)
- Low Carb TENDERGRILL® Chicken Sandwich\* (3g)
- Low Carb BK VEGGIE® Burger\* (19g)
- Low Carb New BK BIG FISH®\* (served with lettuce and tartar sauce) (20g)

*\*w/o mayo, ketchup, and bun*

Updated August 2006

*\*served w/ lettuce, and tomato*

#### Carb-Conscious Tips:

- **HOLD THE BUN** - order any BURGER KING® sandwich without the bun
- **SKIP THE KETCHUP** - you'll save three grams of carbs per packet
- **AVOID SUGAR** - drink diet soft drinks or water instead of regular sodas. Use a low-calorie sweetener in your coffee or tea, or drink it plain
- **GO GREEN** - order a side salad instead of fries
- **EMPHASIZE FIBER** - Keep foods made with refined flour and sugar to a minimum in your diet. Emphasize complex carbs made from whole grains, also include at least 5 servings a day of fruit and vegetables. *(Our BK VEGGIE® Burger party is made with whole grains and veggies!)*
- **Eat the whole fruit**, instead of juice. The whole fruit has less carbs and more fiber!

For more information visit [www.bk.com](http://www.bk.com) or call (305) 378-3535





### HAVE IT YOUR WAY® Salads:

- Side Garden Salad w/ KEN'S® Light Italian Dressing (11g fat)
- TENDERGRILL® Chicken Garden Salad w/ KEN'S® Light Italian Dressing (20g fat)

\*Garlic Parmesan Croutons - add 2 g fat

\*\* Participating restaurants may have KEN'S® Fat Free Ranch Dressing available

### Fat Conscious Choices (under 20g):

- BK VEGGIE® Burger w/o mayo (8g)
- TENDERGRILL® Chicken Sandwich (10g)
- WHOPPER JR.® Sandwich w/o mayo (12g)
- Hamburger (12g)
- CHICKEN TENDERS® - 5 pc + Barbecue Dipping Sauce (12g)
- BK BIG FISH® Sandwich w/o Tartar Sauce (13g)
- BK™ Chicken Fries - 6 pc (no sauce) (15g)
- BK VEGGIE® Burger (16g)
- Cheeseburger (16g)
- Original Chicken Sandwich w/o mayo (17g)
- *Get a serving of fruit: Add MOTT'S® Strawberry Flavored Applesauce to any of these choices (0g)*
- CROISSAN'WICH® w/ Egg & Cheese (17g)
- CROISSAN'WICH® w/ Ham, Egg, & Cheese (18g)
- Updated August 2006

BK VEGGIE®



### 7 Tips for Reducing your Fat Intake:

**CUT THE MAYO** - order your sandwiches with mustard &/or ketchup instead of mayo

**SKIP THE CHEESE** - just one slice of cheese adds 4 grams of fat

**GO GREEN** - order a side salad with your sandwich instead of fries

**USE LESS DRESSING** - Avoid using all the salad dressing packet, this can cut calories & fat!

**DIP IN THESE SAUCES** - Pick BBQ, Honey-Flavored, or Sweet & Sour Dipping Sauces (0g of fat)

**HAM IT!** - choose ham instead of sausage on your breakfast sandwich (14 g saved!)

**CUT THE CREAM** - order your coffee black

For more information visit [www.bk.com](http://www.bk.com) or call (305) 378-3535



**BK™ Salads, Fully Loaded**

- TENDERGRILL™ Chicken Garden Salad, KEN'S® Light Italian Dressing w/ Garlic Parmesan Croutons (420 calories)

**Calorie Conscious Choices:****Under 200 Calories:**

- Low Carb Original WHOPPER JR.® w/cheese\*
  - Low Carb Original WHOPPER JR.®\*
  - Low Carb TENDERGRILL® Chicken Sandwich
  - Low Carb BK VEGGIE®\*
  - Side Salad w/ KEN'S® Border Ranch Dressing or KEN'S® Light Italian Dressing (2 oz packet)
  - Onion Rings - Small
- \*w/o mayo, ketchup, and bun*

**300-399 Calories:**

- CROISSAN'WICH® w/ Egg & Cheese; Bacon, Egg, & Cheese; Ham, Egg, & Cheese; or Sausage & Cheese
  - French Toasts Sticks w/o breakfast syrup
  - WHOPPER JR.® Sandwich
  - WHOPPER JR.® Sandwich w/ cheese & w/o mayo
  - Hamburger & MOTT'S® Strawberry Flavored Applesauce
  - Cheeseburger
  - Bacon Cheeseburger
  - Low Carb WHOPPER® Sandwich\* & MOTT'S® Strawberry Flavored Applesauce
  - Low Carb WHOPPER® Sandwich w/ cheese\*
  - Low Carb BK BIG FISH™ w/ tartar sauce
  - BK VEGGIE® Burger w/o mayo
  - 5 piece CHICKEN TENDERS® w/ Ranch, Honey or Honey Mustard dipping sauce
  - 5 piece CHICKEN TENDERS® w/ HERSHEY® S low-fat milk or orange juice
  - 8 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour Sauce dipping sauce
  - 6 piece BK™ Chicken Fries w/ Buffalo Sauce
  - Onion Rings or French Fries - Medium
  - Hashbrowns - Large
- \*w/o mayo, ketchup, and bun*

Updated August 2006

**200-299 Calories:**

- Low Carb WHOPPER® Sandwich\*
  - Low Carb WHOPPER JR.® Sandwich\* w/ cheese
  - Low Carb Angus • \*
  - Hamburger
  - WHOPPER JR® w/o mayo
  - 5 piece CHICKEN TENDERS® w/ Barbecue or Sweet & Sour dipping sauce
  - 6 piece BK™ Chicken Fries - no sauce
  - Hashbrowns or French Fries- Small
- \*w/o mayo, ketchup, and bun*  
*\*served w/ lettuce and tomato*

**400-499 Calories:**

- CROISSAN'WICH® w/ Sausage, Egg, & Cheese
  - French Toasts Sticks w/ breakfast syrup
  - Cini-Mini's - no icing
  - Hamburger w/ small onion rings
  - Hamburger w/ HERSHEY® S low-fat milk or orange juice
  - Bacon Cheeseburger & MOTT'S® Strawberry Flavored Applesauce
  - Low Carb WHOPPER® Sandwich\* & small onion rings
  - Low Carb WHOPPER® Sandwich\* w/ cheese & MOTT'S® Strawberry Flavored Applesauce
  - WHOPPER JR.® Sandwich w/ cheese
  - WHOPPER JR.® Sandwich w/ cheese w/o mayo & MOTT'S® Strawberry Flavored Applesauce
  - Cheeseburger w/ HERSHEY® S low-fat milk or orange juice
  - Double Hamburger
  - TENDERGRILL® Chicken Sandwich
  - BK BIG FISH® w/o Tartar Sauce
  - Original Chicken Sandwich w/o mayo
  - 5 piece CHICKEN TENDERS®, small fries
  - 8 piece CHICKEN TENDERS® w/ Ranch, Honey, or Honey Mustard dipping sauce
- \*w/o mayo, ketchup, and bun*  
*\*served w/ lettuce and tomato*

**Calorie Cutting Tips:****CUT THE MAYO** - order your sandwiches with mustard instead of mayo**USE LITTLE DRESSING** - Pour just a little salad dressing on your salad, just enough for taste!**GO GREEN** - order a side salad with your sandwich instead of fries (use lower calorie dressings)**AVOID SUGAR-ADDED DRINKS** - drink diet soft drinks or water instead of regular sodas. Use sweetener in your coffee or tea, or drink it plain.For more information visit [www.bk.com](http://www.bk.com) or call (305) 378-3535